





## Suggested Hikes



### Hike #1: Stony Man Trail

1.6-mile lariat, easiest, 1 hour hiking time, 340-foot elevation gain. Pets are not allowed on this trail. Take the blue- and white-blazed Stony Man Trail/Appalachian Trail (A.T.). At the trail post continue onto the blue-blazed Stony Man Trail to the viewpoint. To continue the loop, take the blue-blazed Stony Man Trail back to the junction with the A.T., and follow the A.T. back to the starting point. At the viewpoint, you'll overlook the Shenandoah Valley, the town of Luray, and the Massanutten and Allegheny Mountains beyond.



### Hike #2: Passamaquoddy Loop

3.5-mile circuit, moderate, 2 1/2 hours hiking time, 770-foot elevation gain. Walk to the other end of Stony Man parking. Look for the trail post; go straight on the yellow-blazed Furnace Spring Horse Trail. At the next trail post, go right onto the blue-blazed Passamaquoddy Trail. At the next trail post, go right onto the Appalachian Trail (A.T.) south to your starting point at Stony Man parking.



### Look for Trail Markers

You'll find these trail markers at all trailheads and intersections. The metal bands are stamped with directional and mileage information.

## Before You Go!

- Pets are not allowed on Fox Hollow Trail. Where allowed, pets must be on a leash at all times.
- Be sure you are physically able to complete the hike you've chosen.
- Take plenty of water—at least a quart per hour.
- Be sure you know your route. Free maps are available at entrance stations, visitor centers, and [www.nps.gov/shen](http://www.nps.gov/shen)
- When you return from your hike, check for ticks.
- Be sure someone knows where you are and when to expect your return.
- Leave what you find. Artifacts are protected by law.
- Please respect family cemeteries.



Leave No Trace Preservation through education: building awareness, appreciation, and respect for our public recreation places.